

WEAR A MASK



# MSW Weekly Program Update

July 13, 2020



## Social Justice Spotlight



### Webinars on Accessibility

Click above for free webinars on various topics concerning accessibility to the built environment, information and communication technologies, and transportation. Transcripts, audio recordings and materials from previous sessions are available.

NASW's [statement](#) condemning incidents of lethal force against African Americans

## Summer Graduation

- Students who plan to graduate in August need to apply for graduation using the link in their Mavs' Student Center.
- The deadline to apply for August graduate passed on July 1. If students missed the deadline they should contact their academic advisor to request to apply late for an additional fee.
- All graduating students must apply for graduation in order to earn their degree.
- Commencement ceremony information has not yet been released by UTA but students will be notified when more information is available.

A special note from the Vice-President of Student Affairs:

Dear Summer 2020 graduation candidates,

Congratulations on your upcoming accomplishment of earning a degree from The University for Texas at Arlington. The last few months of your college experience have been unlike any other, and we admire your persistence and adaptability as you stayed the course to achieve the goal that brought you to UTA—a degree. This is an unprecedented situation and UTA continues to rely on the guidance from The Centers for Disease Control and state and local orders to determine when we can gather together to celebrate your accomplishments for in-person commencement ceremonies.

For these reasons, we've made the difficult decision to postpone in-person ceremonies for our Summer 2020 graduates. We are making plans to celebrate our summer graduates while we await the postponed ceremonies, so keep a lookout in your email, mailbox, and our [website](#) once details are finalized.

We will continue to evaluate options for rescheduling in-person ceremonies, as we understand the significance of an in-person ceremony to celebrate such a significant and meaningful accomplishment. We have tentatively held the dates of November 19-22, but we will monitor the situation and plan to communicate a decision by October 1, 2020 when we can be informed by the most up-to-date public health guidelines and evaluate the status of the pandemic.

In the meantime, we look forward to celebrating with you virtually. Congratulations, and go Mavs!

Sincerely, Lisa Nagy, Vice President for Student Affairs

## Important Updates

**Fall Courses to Consider**

If you are still wondering what to take this fall, stay tuned for a special edition MSW newsletter later this week!

**Registration**

- It's still not too late to enroll in fall classes!
- All academic advising appointments will be done via phone or Microsoft Teams.

[MSW Advisors](#)

## MSW Field Summer 2020

- Your field instructor (your supervisor at your field placement) and your field liaison (the professor who shows in your class list in MyMav) will be contacting you about your Mid-Term Evaluations.
- [InPlace Training](#) can be found here!

## MSW Field Fall 2020

- The Fall Field application closed on Friday July 10<sup>th</sup>.
- The field office is continuing to place students for fall, so please do not be alarmed if you do not hear anything for a few weeks once you apply.
- The Field Office does not have details about what placements will look like in the Fall, remote or in-person. Once the University makes a decision about Fall 2020 courses, the Field Office will make a determination regarding field placements for Fall.

## Instructional Plans for Fall Courses

- Definitions of modes of instruction for fall are defined in the [message](#) from Interim Provost Aswath.
- Courses originally listed in MyMav as online will remain so.
- Courses originally listed in MyMav as face to face will be offered as online, face-to-face, or hybrid. Details for the Social Work courses are still being revised. We will alert you when our arrangements for fall are finalized.
- Please [submit questions here](#) about the modes of instruction.
- Students who register for fall courses and later decide drop a course can get a full tuition refund if the class is dropped before the first day of courses.

## We Need Your Feedback!

Social work students - we need your help in learning about the impact of COVID-19 on your social work education and personal well-being. Students who participate in the survey are eligible to win one of twenty-five \$20 Amazon gift cards. To learn more about the study [click here](#). This survey will take 20 minutes or less to complete. Please contact [Dr. Micki Washburn](#) with any questions or concerns. This study has been approved by the Institutional Review Board (IRB) of the University of Texas at Arlington. To participate in this survey, please click [here](#).

## YOU MATTER!

### Give Me a Break

During social distancing, being technologically hyperconnected seems to be the new norm. While our technology is vital to staying socially connected and current with work and school, **digitally disconnecting, taking a break from technology, intentionally, is vital to our health and well-being.** As we approach the mid-point in the summer semester and as you are all likely thinking about and feeling the need for a break, this is a great time to practice taking a break every day.

Benefits from intentional technology breaks include:

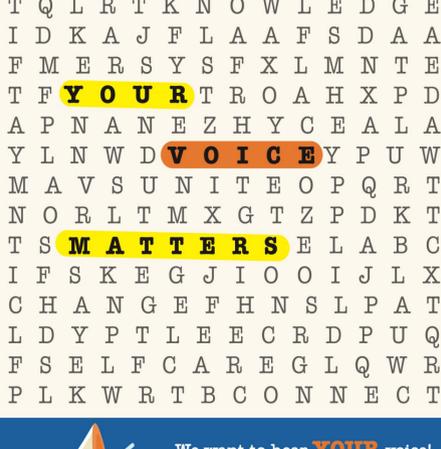
- Reduced stress
- Better sleep
- Improved mental, physical, and relational health
- Enhanced mindfulness and living in the present
- Increased attention and focus
- Improved learning and academic performance

To help you get a break, consider the following tips:

- Set specific time(s) in your day to check email, and stay away the rest
- Use a website blocker to turn off distracting sites and apps while working and studying
- Have a place in your house that is tech free, e.g. the bedroom or a personal quiet area
- Actually turn your phone and computer off for some period of time each day
- Take a "digital detox"; use no tech or media for half a day, all day, or the entire weekend

As we move forward in this unprecedented time, give yourself permission to "power down" in order to power up your health, well-being, and quality of life.

If you like You Matter posts and want to explore them more deeply, please join us for a Wounded Healers meeting. You can find us on Teams or email [Craig Keaton at craig.keaton@uta.edu](mailto:craig.keaton@uta.edu)!



We want to hear **YOUR** voice! If you are an MSW student... we invite you to take part in an interview where you will be allowed to share your thoughts, experiences and suggestions. You are a part of the puzzle... be part of the winning solution!

**TO SCHEDULE YOUR INTERVIEW, PLEASE CONTACT:**

Jessica Minnier, MSW Student [jao4808@mavs.uta.edu](mailto:jao4808@mavs.uta.edu)

## Disability Awareness Month

In honor of Disability Pride Month and the 30<sup>th</sup> anniversary of the Americans with Disabilities Act on July 26<sup>th</sup>, there's a bevy of great free virtual events this month.

## CRIP CAMP

THE OFFICIAL VIRTUAL EXPERIENCE



### Crip Camp: A Disability Revolution

#### The Official Virtual Experience

Each Sunday through August 30<sup>th</sup> at 3 pm CDT, participate in a different free disability rights and disability culture workshop! ASL interpretation & captioning provided. Instructions on how to register, request additional accommodations, and access videos of past sessions: <https://cripcamp.com/officialvirtualexperience/>

**Summary:** In these unprecedented times, there is no one better to think outside of the box and deliver community building right to your home. Inviting all grassroots activists and advocates to join this virtual camp experience featuring trailblazing speakers from the disability community. All are welcome, you do not need any activism experience to participate.

## The ADA at 30: Moving Forward Celebrating 30 years of the Americans with Disabilities Act

In honor of the ADA's 30<sup>th</sup> birthday, the Texas Governor's Committee on People with Disabilities is hosting a series of conversations on accessibility and disability policy, culminating in a statewide virtual celebration on Friday, August 24, 10 am-12 pm.

Personal Communication, Office for Students with Disabilities

## Stay Safe

If you have any concerns, you can fill out [this form](#).

**BACK TO SCHOOL FAQ**

COVID-19

**Any new protocols?**  
UTA is requiring all students, faculty, and event visitors to wear face masks while indoors on campus. You don't have to wear one outdoors, although it is heavily advised.

**So where exactly do I have to wear a mask?**  
It's required in every building on campus but not necessary in outdoor spaces. Appropriate locations include: classrooms, offices, hallways, common areas, and all indoor spaces. We recommend wearing one on shuttle buses or in crowded areas.

**What happens if I test positive for COVID-19?**  
Most important of all, STAY HOME. Self-isolate from roommates or family members the best you can. Let professors know of your diagnosis so they can accommodate your needs, and preferably, support your personal diagnosis to UTA for campus safety purposes.

**What happens if I come into contact with someone who tested positive?**  
Self-isolate for 14 days. Get tested if possible. It's important you fill out the contact form for the safety of other students.

**Can I still apply for the CARES Act fund?**  
Eligible students must meet federal eligibility criteria that includes completing FAFSA and being a domestic and dependent student. You can apply on your MyMav account. If you're ineligible, you can request apply for UTA's Emergency Assistance Fund!

**Which of my classes are going to be online?**  
For fall 2020, classes will be taught either face-to-face or online. On a MyMav Scan this QR code for the full list.

- What to do if you test positive for COVID-19?**
- Complete [reporting form](#)
  - If needed, you can:
    - Withdraw ([Forms](#) on the website)
    - Ask professors for deadline leniency
    - Consider requesting an Incomplete
    - Contact your [USL](#), Program Director and/or Academic Advisor for additional support and guidance



## Webinar Library

Isabella Hong, an MSW Student, has so graciously compiled a list of webinar resources and a video going over the basic functioning of Teams to any who may need assistance.

**Please note that it is necessary to ask your supervisor permission for these to count towards any required field hours.**

**\*This list is updated weekly!\***

[Social Work Webinars List](#)

[Basic Function of Teams](#)

## RESOURCES

**Dean Ryan's Statement on COVID-19 Health Disparities**

**MAVS TALK**  
24 HOUR CRISIS LINE  
817-272-TALK (8255)  
[www.uta.edu/caps](http://www.uta.edu/caps)  
303 RANDOM HALL

**Social Work Book Club**  
Social work is a dynamic profession that will continue to evolve and adapt to the needs of our society. The book club provides an opportunity for social workers to share their knowledge and experiences with one another.

**Evidence-Based Practice Research Guide**

How to gain access to SSW writing resources:  
[Advising & Student Success Canvas](#)

**In Crisis? Text HELLO to 741741**

**The Lifeline is FREE, confidential, and always available.**

**HELP** a loved one, a friend, or yourself.

**Community crisis centers answer Lifeline calls.**

**Learn the Warning Signs.**

**UTATri-C Food Pantry Distributions**

Currently distributing groceries on **Thursdays only**, from 9:11-4:45 a.m. and 2-4:45 p.m.

To receive these grocery bags you must send an email to [info@foodpantry@gmail.com](mailto:info@foodpantry@gmail.com) to request a pickup time. Include student name, last four digits of UTA ID, requested grocery pickup time, choice of vegetarian, chicken, or any meat groceries.

**Emergency Assistance Fund**

UTA students with a temporary financial hardship resulting from a sudden emergency may apply for financial help.

**Check Canvas for the MAVS Unite Page.** To add it, please email [Amanda Six](#) or [Diana Serrano](#)

**UTA Library Accessibility**

**Boys & Girls Clubs of Greater Tarrant County** will be distributing meals, food and snacks! Curbside meal distribution will occur Monday, Friday from 4-6pm.

**Parkland Financial Assistance**

**Texas Health and Human Services COVID-19 Mental Health Support Line**

If you or someone you know is feeling overwhelmed by the COVID-19 pandemic, help is available.

Speak with a mental health professional for help dealing with anxiety, depression, stress, grief or worry 24/7.

Call the toll-free COVID-19 Mental Health Support Line at **833-986-1919**.

**Want to help improve campus mental health services?**

**LENDING A HAND**

COVID-19 has severely affected North Texas, particularly low-income Latino communities. These communities have higher rates of cases and deaths compared to other groups who are at higher risk. They have also had fewer resources to help them cope with the pandemic to stay informed.

[SSW Commencement Info](#)

[UTA Academic Calendar](#)

If you have any questions or content suggestions for the newsletter, please contact Jessica Minnier. [jac4808@mavs.uta.edu](mailto:jac4808@mavs.uta.edu)



"Act as if what you do makes a difference. IT DOES"  
- William James

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